

Useful Links

Re:Minds is a Southampton based organisation supporting families whose children/young people have Autism, ADHD or other neurodiverse needs and/or mental health needs - with or without a diagnosis. Their aim is to allow people whose children face similar issues to meet up in an informal setting to share knowledge and talk about any challenges our families are facing.

For more information, see their website: [Re:Minds](#)

Family Hubs offer a range of support and advice including play sessions for young children, health advice from midwives, health visitors and other health professionals, support for families with children with additional needs, speech therapy, training courses and much more. There are various localities across the city, the nearest one to Tanners Brook is at Pickles Coppice. You can drop in any time or book on a course either in-person or online.

Find out more here [Activities and support for families](#)

The Southampton Parent Carer Forum is a voluntary group of parents and carers who have children with special educational needs or disabilities (SEND) aged 0-25. The forum supports families who live with SEND to experience a better quality of life. The forum welcomes anyone who lives in Southampton and who has a child with SEND, diagnosed or not.

Their website is here: [Southampton Parent Carer Forum](#)

Autism Hampshire is a charity that offers a range of professional services that have been developed to meet the needs of individuals, families and professional bodies. Their information, Advice and Guidance team offers a wide range of free services to support individuals, families, and professionals. This service is available pre, during and post diagnosis.

Find out more here: [How we can help](#)